

Friendship Heights
Village Center



Calendar
of Events 2009

D E C E M B E R							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<div>1</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7p.m.: Mat Pilates</div>	<div>2</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Beltway Brass</div>	<div>3</div> <div>8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: White Christmas</div>	<div>4</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Painting is for Everyone</div>	<div>5</div> <div>8:15 a.m.: Walking Club</div>	
	<div>6</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>7</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</div>	<div>8</div> <div>8 a.m.: Depart for New York 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</div>	<div>9</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Suburban Lecture: The ABC's of Breast Cancer 1 p.m.: Portraiture in Pencil and Pastel 2 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Nut-cracker Highlights</div>	<div>10</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Night at the Museum</div>	<div>11</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Painting is for Everyone HAPPY HANUKKAH!</div>	<div>12</div> <div>8:15 a.m.: Walking Club</div>
	<div>13</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>14</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 8 P.M.: Friendship Heights Council Meeting</div>	<div>15</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 1 p.m.: Balance and Fall Prevention 1:30 p.m.: Tea and Talk: Pearl Harbor 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</div>	<div>16</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 12 p.m.: Depart for Hillwood 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Friday Morning Music Club</div>	<div>17</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Julie and Julia</div>	<div>18</div> <div>9:15 .m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 12 p.m.: Special Lunch 1 p.m.: Holiday Show 1 p.m.: Painting is for Everyone</div>	<div>19</div> <div>8:15 a.m.: Walking Club</div>
	<div>20</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>21</div> <div>10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>22</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:30 a.m.: Stretch with Tonya 12:30 p.m.: Vision Support Group 1 p.m.: Balance and Fall Prevention 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</div>	<div>23</div> <div>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 2 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Peter Sirotin and Ya-Ting Chang</div>	<div>24</div> <div>Center open 9 a.m. to 2 p.m. 8:15 a.m.: Walking Club</div>	<div>25</div> <div>Merry Christmas! Center Closed </div>	<div>26</div> <div>8:15 a.m.: Walking Club</div>
	<div>27</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>28</div> <div>10 a.m.: Great Books</div>	<div>29</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist</div>	<div>30</div> <div>10:15 a.m.: Yiddish 7:30 p.m.: Concert: The Good Time Trio</div>	<div>31</div> <div>Center open 9 a.m. to 5 p.m. 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime</div>		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Children’s Pottery Class coming in January

Children, ages 6 to 10, can learn the basics of pottery during a four-week class on **Thursdays, beginning Thursday, Jan. 7**. The class, taught by Natalia Kormeluk of the Field School, takes place from 4 to 5:30 p.m and covers the basics of hand-molded pottery. The cost is \$100 for instruction, materials and firing. On average, students can expect to complete three to five pieces, during the course. Students should come prepared to work with clay the first week. Registration begins immediately at the Village Center. The deadline to sign up is Jan. 5. There is a minimum of five students required for this class. The maximum number of students is 10.

